



SALMON, SAMPHIRE, LENTIL & CLAM PARCELS



MINUTES TO PREPARE
5



MINUTES TO COOK
35



SERVES
2

INGREDIENTS

100g Puy lentils
1 clove of garlic
1 teaspoon of vegetable bouillon
Water
100g samphire, washed
2 salmon fillets, skin removed
200g clams
Drizzle of rapeseed oil
Drizzle of white wine
Juice of 1 lemon
Maldon sea salt
1 handful of chives, thinly sliced
A good grind of black pepper
6 cherry tomatoes
A knob of butter

You will need a medium roasting tray with deep sides, baking parchment and tin foil.

LET'S GET COOKING

- 1 Preheat the oven to 180/350/gas 4.
- 2 Firstly, cook the lentils. Rinse them in a sieve to release their earthiness and place them in a small pan covered with water. Add the garlic and vegetable bouillon and bring to the boil.
- 3 Turn the heat down to a simmer and pop a lid on. Simmer for 20 minutes. Add the samphire and cook for a further 2 minutes or until the lentils are soft.
- 4 Drain and leave to one side.
- 5 Next, lay out a large sheet of tin foil, and place a similar sized piece of baking parchment on top. They need to be large enough for you to pour on the lentils and fold up the sides.
- 6 Put the tin foil and baking parchment into the roasting tray so that the sides are lined. Smear the butter over the middle of the baking parchment and pour over the hot lentils and samphire.
- 7 Place the skinned salmon on top with the clams and cherry tomatoes. Drizzle with rapeseed oil, white wine and lemon juice. Sprinkle over the chive rounds and season well with Maldon sea salt and a good grind of black pepper.
- 8 Place a second sheet of tin foil over the top and enclose the salmon parcels by folding over the edges so that no steam can escape.
- 9 Cook for 15 minutes. Stand back when you open the top as the steam will escape. The salmon is cooked when it is firm to the touch.

"This is salmon dish is delicious served with mayonnaise, or even better with garlic mayonnaise! Simply peel and crush a small clove of garlic and stir it though 2 tablespoons of mayonnaise and season with Maldon sea salt and freshly ground black pepper"